



## Summer 2005 Report

### Healthy Workplace Awards:

There were 53 state agencies that achieved Governor Warner's "Healthy Workplace" designation.

- 20 state agencies achieved the top Gold level
- 17 state agencies achieved Silver
- 16 state agencies achieved Bronze
- 230 CommonHealth Coordinators were recognized for their employees' outstanding efforts

### Lifestyle Counts!

Lifestyle-related conditions represent about 35% of all inpatient hospital costs for the State Health Benefits Program, and 45% of those cases relate to heart disease.

The top five risk factors for state employees before the *Healthy Virginians* program were:

- 35% lacked exercise
- 20% smoked
- 12% had high blood pressure
- 11% had high cholesterol
- 10% had low levels of good cholesterol

### Healthy Virginians Encourages Healthier Behaviors

Those who completed both online assessments were asked what they would do differently after participating in *Healthy Virginians*:

- 2,528 intend to substitute nutritious choices for sugary snacks
- 2,412 said that would walk during work breaks
- 2,092 would plan fitness activities with the family
- 1,264 intend to make "other" lifestyle changes

### Governor's Healthy Virginians Initiative

The state employee portion of *Healthy Virginians* has encouraged the integration of health and physical activity into the work culture as part of Governor Mark Warner's initiative to promote healthy lifestyles. Over a seven-month period, the program included a variety of activities designed to help state employees become more active and to improve their overall health.



### Healthy Virginians Has Made A Difference

Through the program more than 20,000 step counters were distributed to state employees who then logged nearly 568 million steps on the *Virginia on the Move™* Web site. That is equal to about 284,000 miles, or literally walking around the world 11 times! State agencies also encouraged participants to take 15-minute walk breaks during the work day.

Two online health assessments were an integral part of the *Healthy Virginians* program. Approximately 17,340 employees completed an assessment at the beginning of the program in November 2004 and of those, almost 4,500

completed a second assessment in April 2005. An analysis showed that the more programs employees participated in during the initiative, such as other health and nutrition-related activities and challenges, the better their results on the second assessment for weight, blood pressure, Body Mass Index (BMI), activity level and overall wellness.



Employees reported positive behavior changes in increased activity and reduced caloric intake. In addition, 85.6% felt that management at their agency supported their involvement in the initiative and 72.3% reported their worksite has become a more supportive environment for healthy behavior change.